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Where to go when you gotta go

ACCESSIBILITY

City working on app that locates the nearest public bathroom



**Haley
Ritchie**
Metro | Ottawa

Bathroom “emergencies” are not just for kids: Everyone knows that feeling of growing desperation when there doesn’t seem to be a bathroom in sight, and everyone knows the relief of sheepishly waddling into a fast-food joint, ignoring the “customers only” sign and using the their facilities.

This week, the city is working on a plan to make that struggle a little easier on everyone by developing a “where to go” app.

Using the city’s own open data, the app will locate and display the closest public toilets — complete with user reviews, photos and opening hours.

It may seem over the top, but details like accessibility are a must for many people in the city — and bathrooms are urgently needed for small children, seniors and those with permanent medical conditions like diabetes or Crohn’s.

Joan Kuyek, chairwoman of Ottawa’s GottaGo! campaign, says sooner or later, everyone’s gotta go, and her organization has been lobbying the city for more access to public bathrooms.

“Toilets are an issue for everyone,” she said.

“We’re very excited because it’ll show what’s there and probably elicit more concern about keeping them operating properly. We’re very pleased this is happening.”

Kuyek is hoping the app will also have a non-mobile map version, which would make access for seniors easier.

It’s also important that all the bathrooms on the app contain information about when they are open and if they are functional — something GottaGo! will be investigating on foot.

“A toilet that isn’t open or accessible when you’ve got there is worse than no mapped toilet at all,” said Kuyek.

Similar apps exist in Britain, Korea and Australia, according to Kuyek.

The idea goes to the Information and Technology Sub-Committee for approval on Thursday. If approved this week, city staff will begin working on gathering the data and designing Phase 1.



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Prime Minister Stephen Harper greets guests after making a policy statement in Toronto last Thursday. A group of former ministerial aides have created HarperPAC, a vehicle that allows the Conservatives to raise and spend money beyond the limits and disclosure rules imposed on political parties. CHRIS YOUNG/THE CANADIAN PRESS

HarperPAC has Harper's back

POLITICS

New pro-Conservative group joins the election fray



Michael Woods
Metro | Ottawa

A new pro-Conservative group launched on Monday pledging to “fight back against the flood of big union money” it says is being spent on anti-Tory advertising in the lead-up to the fall election.

HarperPAC, a third-party

group that intends to run political advertising this summer and into the election campaign, launched on Monday, part of a new wave of third-party groups that will be adding their voices to the barrage of political advertisements in the coming months.

A release from HarperPAC said it “aims to defend the interests of everyday Canadians against the tide of cash from professional leftist agitators and big union bosses that has been earmarked to take down the Conservative government.”

Stephen Taylor, the group’s spokesman, said in an interview the group’s goal is to “move the needle” and push

back against the funds spent by organizations such as the recently-launched Engage Canada, whose first television ad ran earlier this month.

“I think it’s probably time we at least try to match their efforts and push back,” Taylor said.

Taylor said every dollar the group raises will go toward advertisements, with a large focus on digital advertising and some television as well. The group already posted an audio anti-Justin Trudeau ad on Monday.

The group’s eight-member advisory council is comprised of longtime Harper government staffers, including former aides, as well as former Alberta justice minister Jonathan Denis.

The Conservative Party has by far the largest election-spending war chest of the

three major parties, and thus does not lack the resources to get its message out. In other words, they may not need the outside help. But Taylor is unconcerned.

“I’m not concerned about what an particular political party is doing — that’s their own separate effort,” he said. “HarperPAC is looking to move the needle, either by a small amount or by a large amount. That all depends on what we’re able to raise and what we’re able to spend.”

The group’s name is reminiscent of Political Action Committees in the United States, third-party organizations that raise money to donate to campaigns — and SuperPACs, which are allowed unlimited political spending and have no donation limits. The name choice was deliberate.

“If we called ourselves ‘Can-

+ THE COMMITTEE MEMBERS

Who is on HarperPAC’s advisory committee?

- Stephen Taylor, former director, National Citizens Coalition
- Kasra Nejatian, former director of strategic planning, immigration minister Jason Kenney
- Michele Austin, former chief of staff, Industry Canada

- Jonathan Denis, former Alberta justice minister
- Dan Mader, former chief of staff, associate minister of defence Julian Fantino
- Chris Froggatt, former chief of staff, John Baird
- Zoe Addington, former director of policy, minister Tony Clement
- Brad Tennant, former director of political operations, Wildrose Party

adians for a Better Tomorrow’ I think that would require a follow-up question-and-answer,” Taylor said. “HarperPAC, you know immediately what we’re up to. It’s a branding thing.”

Before the writ period in the upcoming election, there’s no restriction on third-party

spending, so groups like HarperPAC can spend as much as they wish on advertising.

But during a 37-day election campaign, third parties are limited to \$150,000 in spending (the amount increases in the event of a longer official campaign).



HarperPAC is looking to move the needle, either by a small amount or by a large amount.

Stephen Taylor, spokesman

EDUCATION

Ottawa students' grades in the mail



Haley Ritchie
Metro | Ottawa

The Ottawa-Carleton District School Board has announced that while students in JK to Grade 7 will not be getting report cards, marks will be shared with parents by the end of the summer.

"We completely understand that parents deserve to have that information and the students want to know as well so we're dealing with the strike action and making sure we find a way," said director of education Jennifer Adams.

Last week the school board announced it would only be handing out report cards for elementary school students in Grade 8 and high school students. Lower grade students would be receiving a pass or fail "letter of promotion" and no grades because of strike action by teachers.

After a major backlash from concerned parents, the school board said it would review the decision.

Parents will be mailed the marks by Aug. 31.

"The mark information is not a report card, but it will be personalized with the student's marks by subject and strand, and will be based on the information submitted by the teacher," reads the press release from the board.

Under the strike action, teachers are still required to submit marks but are refusing to input them into the electronic system.

The board said that as a result, 300 administrators and non-union employees across the board are doing work normally shared by 4,600 elementary teachers.

In order to complete the work, Adams said the board has temporarily hired retired administrators and will be growing and re-assigning the summer staff team.

The mark information will be unofficial, and a Letter of Promotion will still be the official document filed in the Ontario Student Record. Grade 8 students and high school students will be getting report cards as usual.

66

We heard very clearly that limited mark information was better than none.

Ottawa-Carleton District School Board

Fringe Festival breaks opening weekend record

THEATRE

Screwtape vying for centre stage at Ottawa event



Lucy Scholey
Metro | Ottawa

It's a play set in hell, but performed in a church.

You would think John D. Huston would need one heck of a sales pitch to get these holy venues to agree to host Screwtape.

But his play about a multi-tasking manager in inferno is loosely based on a C.S. Lewis novel — and the Narnia author has an in with the Christian crowd.

It's one of the plays performing alongside the Ottawa Fringe Festival this week. The 19-year-old event, which had its humble beginnings

in someone's backyard, saw a record number of sold-out shows on the opening weekend June 18-20. The seats were filled for 13 shows in total.

"It's just got to be the calibre of the artists," said Gregory Clark, communications and marketing for the Ottawa Fringe Festival.

"I think most people who have been around fringe for the past few years would agree that the lineup is just stacked this year."

400

There are 57 shows and more than 400 performances for theatregoers to choose from until the festival ends on June 28. About 200 applications were sent in — another Ottawa fringe record.

There was a bum in every seat for local favourites like

Emily Pearlman, Rachel Eugster, Margo MacDonald, plus touring artists including Martin Dockery, Gemma Wilcox, Jem Rolls, Sandy Gibson, Jeff Leard and Sam Mullins.

Screwtape is not among the lottery-picked fringe plays, but comes to Ottawa as a BYOV (Bring Your Own Venue).

Rather than a fringe-funded venue and technician, performers host their plays in public parks or, as was the case one year, a minivan.

5 must-see shows

1 Weird: The Witches of MacBeth by Theatre Arcturus

A story of three Shakespearean sisters as told with aerial silks.



COURTESY ANDREW ALEXANDER

2 UnCouth by Windy Wynazz

A clumsy wannabe-showgirl navigates the dark side of clowns, burlesque, sparkles and feathers to make it in theatre. Wynazz dances her way through largely without dialogue.



COURTESY
LYNNE
FRIED

4 I think my boyfriend should have an accent by Emily Pearlman

Pearlman, an Ottawa favourite, boasts a loyal local following — she sold out her world premiere show last week. Are you worried about saying or doing the wrong thing? This play is for you.



COURTESY
JOSHUA
PEARLMAN

3 Japanese Samurai Don Quixote Challenging English giant Windmills!! by Hiroshi Shimizu

This solo comedic documentary follows a man from Japan — "the country worst at speaking English," reads the tagline — struggling with culture shock in Edinburgh.



COURTESY
ANDREW
ALEXANDER

5 Keith Brown: Exchange by Keith Brown

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Study reviews cancer screening need

THE OTTAWA HOSPITAL

Doctor probes link between cancer and blood clots



Joe Lofaro
Metro | Ottawa

A local breakthrough discovery into the link between blood clots and cancer screening will not only change the standard of practice around the world, but also save millions in unnecessary and potentially harmful tests.

For decades it has been presumed that an unexplained

blood clot points to a warning sign of a possible cancer, so physicians would send them for extensive screening.

But a new study led by Dr. Marc Carrier, a senior scientist at The Ottawa Hospital, shows more screening isn't always better.

"Exposing all these patients is not finding more cancer. You're just likely to cause cancer," said Carrier, lead researcher in the study which was published Monday in the New England Journal of Medicine.

The 2008-2014 study divided 854 Canadian blood clot patients into two groups: one which received basic screening (a blood test, X-Ray of the chest, and gender-specific cancer screening such as a prostate exam),

while the other group received basic screening plus a CT scan.

At the end of the study, researchers discovered there was no difference in the number of new cancers detected in both groups.

Carrier was expecting one in 10 with patients with an unexplained blood clot to be diagnosed with cancer within the next 12 months.

But it was much lower — about four per cent of participants were diagnosed with the disease in each group.

Carrier hopes this study will lead to less CT scans because "the more patients you scan, you do more harm than good."

He also believes hospitals could save upwards of \$9 mil-



Dr. Marc Carrier, right, with Jamie Dossett-Merger, who participated in a study on the effectiveness of cancer screening in patients with unexplained blood clots. JOE LOFARO/METRO

lion per year by avoiding unnecessary CT scans for the approximately 30,000 Canadians who suffer from unexplained blood clots each year.

The findings published in the prestigious medical journal will have implications on blood clot patients not just in Canada, but around the world, said Carrier.

Jamie Dossett-Merger, one of the participants from Ottawa, said he is "deeply grateful" to have been able to be part of such a significant study.

Two years ago, he went to see his doctor after he developed a blood clot in one of his legs, stretching from his ankle to his groin area.

After meeting with Carrier, he agreed to participate in a clinical study and was randomly selected to be in the CT scan group.

"When he told me there could be the possibility of cancer and that tests had to be run, the level of worry escalates," he said.

But now, Carrier hopes doctors will not cause unwarranted stress in patients by mentioning CT scans.

GATINEAU

Strutt House to get 'new life' by 2017

The former home of a prolific Canadian architect will be preserved and restored in time for Canada's 150th anniversary celebrations in 2017.

Strutt House was designed by architect James Strutt, a pioneer of modernist architecture in Canada. Built in 1956, the split-level house on Mountain Road on the Gatineau Park's Eardley Escarpment was the Strutt family home for many years.

It was also a party hub, playing host to such famous guests as Pierre Trudeau (when he was justice minister) and various well-known artists.

The National Capital Commission bought the home in 2010 for \$340,000. On Tuesday, it signed a four-year, 10-month lease with the Strutt Foundation, established in 2008 after Strutt's death, which will head the restoration project.

NCC chief executive Mark Kristmanson described the home, built in 1956, as "a unique 20th-

century architectural treasure."

Strutt designed many buildings in the Ottawa-Gatineau area and was known for his innovative use of geometry in his designs. The home is unique due to, among other things, its unusual hyperbolic paraboloid roof structure.

Kristmanson said the foundation will lead the restoration and conservation project, which will see the building ready for visitors during the 2017 celebrations. The building will serve as one of the NCC's showcase pavilions during the celebrations, said Kristmanson.

"The Strutt House will have a new life thanks to our collaborative agreement with the National Capital Commission," said Tania Truesdale, managing director of the Strutt Foundation.

Truesdale said the house is in good structural shape, but estimates the restoration will cost between \$250,000 and \$300,000.

MICHAEL WOODS/METRO



CHARLESTON CHURCH VIGIL IN OTTAWA A crowd gathers at the Canadian Tribute to Human Rights Monument outside Ottawa City Hall Monday evening for a moment of silence to honour the nine African-American victims shot dead at a Charleston church. Several speakers expressed remorse for the families of those who died and called for an end to racism and hate — the kind that is said to have motivated alleged gunman Dylann Roof. LUCY SCHOLEY/METRO

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CANADA DAY CELEBRATION IN THE CAPITAL A guide answers questions for an early tourist in front of the Canada Day stage. Next week thousands of people will descend onto the lawn of the Parliament Buildings to watch fireworks and a performance by musical headliners Magic! and Kiesza. **HALEY RITCHIE/METRO**

Search legislation too broad: Lawyer

ONTARIO COURTHOUSES

Amendments allow police to card visitors for security



Joe Lofaro
Metro | Ottawa

Ottawa lawyers are concerned about the potential impact new legislation will have on their clients and the general public after police will be given new powers inside courthouses across Ontario.

On Wednesday, the Public Work Protection Act (PWPA) is being repealed and replaced by amendments to a section of Police Services Act (PSA).

The new provisions in the PSA will allow police officers to search anyone entering the courthouse as well as their vehicle, and require visitors to produce identification and "pro-

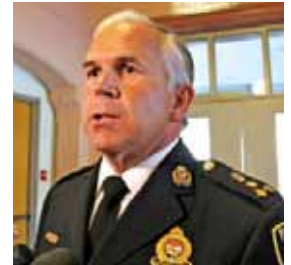
vide information" to the officer for purpose of assessing a security risk. The new measures come after a shooting at a Brampton, Ont., courthouse and the Oct. 22 shooting in Ottawa, which happened just blocks from the Elgin Street courthouse.

Trevor Brown, president of the Defence Counsel Association of Ottawa, said the wording in the PSA is too broad and worries his clients might be inappropriately denied access.

"A lot of our clients are homeless. They don't have identification. Are they going to be denied entry into the courthouse? I certainly hope not," he said Monday. "Those are the risks of the (legislation) itself."

But police chief Charles Bordeleau said Monday prior to the Ottawa Police Services Board meeting the enhanced powers are needed for police to do their job and to keep the building secure.

"They'll take that on a case-by-case basis and if the officers feel that an individual poses a potential security risk to the



Ottawa police chief Charles Bordeleau. **JOE LOFARO/METRO**

courthouse, then they have the authority to deny access. That's what the legislation is there for," he said.

Insp. Steve Bell, who is in charge of courthouse security, said the Ottawa Police Service "has no intention" of diminishing the open court principle with the new security enhancements.

He said the metal detector and other security measures are expected to be installed by late summer at the Elgin Street entrance, which will be the only point of entry to the building.

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Jails accused of flouting rules

IMPRISONMENT

Prisoner rights in solitary confinement at issue

An Ottawa-area woman who spent more than 200 days in solitary confinement is taking legal action against the province, alleging Ontario violated the terms of a landmark human rights settlement meant to protect prisoners with mental illness.

Lawyers for former inmate Christina Jahn are asking the Human Rights Tribunal of Ontario declare that the Ministry of Community Safety and Correctional Services has contravened the settlement terms.

The application also seeks \$1,500 in damages for each alleged violation.

As part of a 2013 agreement with Jahn, the ministry committed to updating its prisoner handbook to include the rights of inmates in solitary confinement and to proactively distribute the handbook to them.

But her lawyers allege some Ontario jails are failing to do so, despite direct orders from ministry officials.

Paul Champ and co-counsel Christine Johnson say they have collected signed statements from 10 female prisoners held in solitary confinement in provincial jails over the past few months — including several at the Ottawa-Carleton Detention Centre, where Jahn alleged she experienced “brutal and humiliating treatment” in

2011 and 2012, while she languished without adequate help for cancer and mental illness.

All 10 say they were not given information about their rights as inmates in solitary confinement, which the province refers to as “segregation.”

“The ministry’s failure to ensure that prisoners placed in segregation are informed of their rights is unacceptable,” wrote Champ and Johnson in a letter this week to ministry officials.

The failure, they wrote, causes “us to doubt whether meaningful efforts have been made to reduce the number of inmates placed in segregation, particularly those with

a serious mental illness or a history of self-injury.

Earlier this year, in the wake of Torstar News Service stories that documented Ontario’s response to the Jahn settlement and accounts of inmates held in solitary confinement at Ontario’s new super-jail, the ministry announced plans to review its segregation policy this summer.

This is the second time the ministry has been accused of breaching the mandatory terms. The inmate handbook was the subject of controversy earlier this year, when Torstar reported that a review of the updated 30-page document revealed a glaring omission: It contained



The ministry’s failure to ensure that prisoners placed in segregation are informed of their rights is unacceptable.

Lawyers Paul Champ and Christine Johnson in a letter to ministry officials

mental illness.”

The ministry has faced growing criticism over solitary confinement in Ontario jails, which comes amid mounting national and global concern about the mental health consequences of isolation.

A United Nations special investigator has said solitary confinement should be used only in exceptional circumstances and never for more than 15 consecutive days or it could amount to torture.

Howard Sapers, Canada’s federal prison watchdog, has pushed for it to be banned for inmates with the diagnosis of

no information about the rights of prisoners in solitary confinement, strangely missing the central purpose of the update.

Champ and Johnson have since worked with ministry staff and representatives from the Ontario Human Rights Commission to remedy the oversight with a separate “segregation handout,” which the ministry agreed to begin distributing by March 2015 — six months past the original deadline.

TORSTAR NEWS SERVICE

 **MORE LOCAL NEWS ONLINE**



Christina Jahn was in solitary confinement for months instead of receiving treatment for her mental illness. TORSTAR NEWS SERVICE

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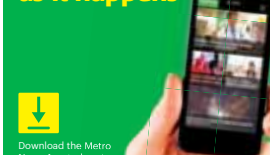
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Kids at risk of allergic relapse

ANAPHYLAXIS

CHEO study warns parents to administer EpiPen quickly



Lucy Scholey
Metro | Ottawa

A swollen face, difficulty breathing, dizziness — parents of children with severe allergies are well versed in these anaphylactic-shock symptoms.

But a new study from the Children's Hospital of Eastern Ontario (CHEO) Research Institute says about 15 per cent of those children may suffer a second round of symptoms hours — or even days — later.

It's called a "biphasic" or

delayed anaphylactic reaction. It's more likely to occur if the initial reaction is severe or not immediately treated with epinephrine.

"If your child is having an allergic reaction and you happen to carry an EpiPen, then administer that EpiPen immediately and then seek help," said Dr. Waleed Alqurashi, emergency medicine physician at CHEO and assistant professor at the University of Ottawa.

The study consisted of 484 patient records. Of the 15 per cent who suffered a biphasic reaction, two-thirds relapsed within the first six hours of the initial symptoms. More than half were considered serious and required more epinephrine treatment.

Apart from Dr. Alqurashi's message to parents and guardians, the CHEO study is mostly

+ PREVALENCE

While there are few recent statistics on the number of Canadian children with allergies, Dr. Alqurashi said it's known that nine per cent have food allergies, specifically, with the most common being milk, peanuts and tree nuts.

geared at physicians who are caring for a child experiencing anaphylactic shock.

The study suggests there are ways doctors can predict the possibility of an allergic relapse. Among them:

- If the child was at least 90 minutes late taking epinephrine or heading to the hospital.
- If the child took multiple doses of epinephrine at the first signs of anaphylactic shock.

Children between the ages of six and nine are at a higher risk, but Dr. Alqurashi said researchers do not know why.



About 15 per cent of children who experience an anaphylactic shock will suffer a relapse, according to a new study by the Children's Hospital of Eastern Ontario. TORSTAR NEWS SERVICE FILE

IN BRIEF

Wind-farm developer gets go-ahead for claim of document destruction

An offshore wind-farm developer will be able to allege the Ontario government destroyed documents relevant to its lawsuit against the province.

Trillium Power Wind Corporation says the Superior Court of Justice has authorized its amended \$500-million statement of claim.

The suit arose after the province cancelled the company's wind project in Lake Ontario — about 28 kilometres from Kingston — in 2011.

At the time, the government said more scientific studies were needed.

Trillium CEO John Kourtoff says he was shocked to recently find what he calls evidence of document destruction.

The government did not immediately respond. None of the allegations have been proven in court.

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Woodstock man acquitted of killing wife, 45 years after death

TORONTO

75-year-old maintained his innocence from the start

A senior citizen who spent more than half his life branded as his wife's killer finally cleared his name on Monday amid new evidence that she died of natural causes.

The Ontario Court of Appeal formally acquitted John Salmon of manslaughter in the 1970 death of Maxine Ditchfield, reversing a verdict that once sent him to prison for nearly four years.

"I'm ecstatic," Salmon said outside court. "I'm happy, I'm pleased I finally got this closure."

The former welder, now 75, was originally convicted after a jury decided he beat Ditchfield to death in a drunken rage. But Monday's court decision was based on evidence, unearthed



Margaret Salmon and husband John Salmon raise their hands in victory as they exit Osgoode Hall with their son Randy Salmon (far right). BERNARD WEIL/TORSTAR NEWS SERVICE

by the Association in Defence of the Wrongly Convicted, that she died of injuries from several falls after having a stroke.

Salmon's son Randy said he hoped the acquittal would start to mend the damage done to his father, and prompt a different

response from people who have shunned him for decades.

Salmon's ordeal began in September 1970 after Ditchfield fell

“**Hopefully, now that this is done, people will show a little compassion towards him that he was wronged.**

Randy Salmon, son of John Salmon

out of her chair during a night of heavy drinking with friends in Woodstock, Ont.

Salmon told his trial that his common-law wife became increasingly clumsy and fell several more times in the hours after her initial tumble. He eventually called a doctor after she became unresponsive. Ditchfield died in hospital the next day.

An autopsy determined she had sustained several head injuries delivered with "extreme force." Pathologist Dr. Michael Dietrich told Salmon's trial that her injuries were from a

severe beating.

Salmon, who argued unsuccessfully he had not harmed her, maintained his innocence long after he was granted parole in 1974. He enlisted help from the advocacy group in 2000 after learning of Steven Truscott's decades-long battle to clear his name of a wrongful murder conviction.

Three pathologists the group hired to re-examine the medical evidence concluded Ditchfield's injuries weren't consistent with a beating. They found her falls had damaged one of her arteries, caused a blood clot to form and triggered a fatal stroke.

In court Monday, prosecutors apologized to Salmon for what they called a miscarriage of justice.

Randy Salmon said that if Monday's decision can't address the past, he hoped it would bring greater peace to his father's twilight years.

"It's going to lift that burden. He's a free man."

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B.C. Mountie gets 30 months for Taser-death inquiry lies

VANCOUVER

Officer was involved in the death of Robert Dziekanski

A British Columbia Mountie convicted of lying to a public inquiry has been sentenced to 30 months in prison.

RCMP Const. Kwesi Millington was found guilty of perjury earlier this year after a B.C. Supreme Court judge concluded he colluded with his fellow officers over testimony given before a public inquiry looking into the death of Robert Dziekanski.

Millington was one of four officers who approached Dziekanski at Vancouver's airport in October 2007. Within seconds of the confrontation with the Polish man, officers jolted him with a Taser. He died on the floor of Vancouver's airport.

All four officers were charged with perjury. Millington and former corporal Benjamin (Monty) Robinson were convicted, while constables Bill Bentley and Gerry Rundel were acquitted.

Dziekanski's mother, Zofia Cisowski, said she's pleased Millington is headed to prison.

"It's some justice, finally, after almost eight years," she said outside the court on Monday. "I'm now shaking, but I start crying because I was waiting eight years about this sentence."



It's some justice, finally, after almost eight years.

Zofia Cisowski, mother of Robert Dziekanski



RCMP Const. Kwesi Millington, seen here in 2009, has been sentenced to 30 months in prison for lying during his testimony at a public inquiry into the death of Robert Dziekanski. DARRYL DYCK/THE CANADIAN PRESS

Justice William Ehrcke said the sentence for Millington had to denounce the officer's actions and provide a deter-

rence.

Perjury is a very serious offence that undermines the administration of justice, Ehrcke told the court.

Millington's lawyer had asked for a one-year conditional sentence, while the Crown sought three years behind bars. THE CANADIAN PRESS



Senator Don Meredith
TORSTAR NEWS SERVICE

SENATE

Lawyer hired by Meredith

A senator facing published allegations that he had a sexual relationship that ended earlier this year with a 16-year-old girl has hired a lawyer.

Ottawa law firm Conway Baxter Wilson LLP issued a two-sentence statement on Sunday, saying Sen. Don Meredith has retained Ottawa lawyer Colin Baxter and that he intends to respect the Senate's internal procedures.

The statement says Baxter has been retained "with respect to proceedings" of the Senate Ethics officer and a Senate committee, but does not provide further details.

Senate Speaker Leo Housakos said last week that he referred the allegations involving Meredith to the ethics officer.

Meredith quit the Conservative caucus last week after Torstar News Service reported that a woman said she had a sexual relationship with him that began shortly after she turned 16.

The woman told Torstar that Meredith initially believed her to be 18, but she told him her true age within six weeks of their first meeting.

The Torstar report said the woman, who is now 18, had sexually explicit online chats with Meredith and that the relationship progressed to kissing and touching before she turned 18.

She said the pair had intercourse twice after she turned 18. Meredith, 50, broke off the relationship earlier this year.

The Senate is also conducting what it calls a workplace assessment.

Although there is no formal complaint against him, Senate sources have confirmed that the review is looking into allegations against Meredith of verbal abuse, bullying and sexual misconduct in the workplace.

Meredith is now sitting as an Independent.

A spokesman for the law firm did not immediately return an email requesting further comment. THE CANADIAN PRESS

REQUEST FOR BAIL

Const. Kwesi Millington's lawyer has indicated there will be an appeal of his client's conviction.

Gordon Comer, spokesman for the Criminal

Justice Branch, said Millington will begin his sentence on Monday, but can also apply for bail, pending a decision on his appeal.

ALBERTA

Two planes collide mid-air, killing two

Mounties say a mid-air collision occurred Sunday night east of Fort McMurray, leaving two dead.

Police say one of the planes landed safely and the lone pilot was uninjured. A medical helicopter searched for the other plane and found that it had crashed east of the city.

Police got to the crash site and confirmed the two people in the aircraft were dead.

McMurray Aviation in Fort McMurray said in a tweet that

one of its training aircraft was involved, but wouldn't give any other information.

John Cottreau, spokesman with the Transportation Safety Board of Canada, said the planes involved were a Cessna 172 and a Cessna 185. He said it was the Cessna 172 that crashed.

"Both planes are typically used as pleasure craft," Cottreau said from Gatineau, Que. "I know that a lot of pilots have trained on both those aircraft."

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IN BRIEF

Tiny island nation legalizes gay marriage

Pitcairn Island, home to just 48 people, has passed a law allowing same-sex marriage — but has no gay couples wanting to wed.

First settled in 1790, Pitcairn is a British Overseas Territory that has some legal autonomy and is often considered the world's smallest country by population. Islanders are descended from the mutineers of the British navy vessel *Bounty* and their Tahitian companions.

Pitcairn Deputy Governor Kevin Lynch said Monday the new law came into effect May 15 but initially wasn't published online after the island's website encountered some technical issues. He said the change was suggested by British authorities after England, Wales and Scotland legalized same-sex marriage last year. He said the law change was unanimously approved by the local council.

THE ASSOCIATED PRESS

Gun-scuttled wedding party wants refund

The couple whose wedding at Manhattan's famous Waldorf Astoria hotel was cut short when a guest's gun accidentally went off wants their money back.

Benjamin Brafman, a lawyer representing bride Anna Goldshmidt and her husband Elan Stratiyevsky, says they intend to sue or negotiate with the hotel for the costs of the wedding.

The couple also is considering a lawsuit against Vladimir Gotlibovsky, a guest at their wedding who accidentally fired his gun, grazing a woman in the head.

Charges against him have been deferred.

THE ASSOCIATED PRESS

SPAIN

Village of 'Camp Kill Jews' restores pre-Inquisition name

The tiny Spanish village of Castrillo Matajudios — which means "Camp Kill Jews" — on Monday officially changed its name back to Castrillo Mota de Judios ("Jews' Hill Camp") following a referendum and regional government approval.

The village, with about 50 inhabitants, voted to change the name in 2014 after the mayor argued that the term was offensive and that the village should honour its Jewish origins.

Documents show the villages'

original name was "Jews' Hill Camp" and that the "Kill Jews" name dates from 1627, after a 1492 Spanish edict ordering Jews to become Catholics or flee the country. Those who remained faced the Spanish Inquisition, with many burned at the stake.

The name change was approved by the regional government of Castilla y Leon and published in the region's official gazette.

Although Jews were killed in the area, researchers believe the

village got its recent name from Jewish residents who converted to Catholicism and wanted to reinforce their repudiation of Judaism to convince Spanish authorities of their loyalty.

Others suspect the change may have come from a slip of the pen.

Although no Jews live in the village today, many residents have ancient Jewish roots and the town's official shield includes the Star of David.

THE ASSOCIATED PRESS



Jennice Barr, 10, leaves a message on a board set up in front of the Emanuel African Methodist Episcopal Church after a mass shooting at the church killed nine people, on June 22. JOE RAEDLE/GETTY IMAGES

Stars and bars must go, says governor

SOUTH CAROLINA

Confederate flag bipartisan target after massacre

South Carolina's governor declared Monday that the Confederate flag should be removed from the grounds of the Statehouse, reflecting what she described as a new consensus that the slayings of nine black churchgoers mandate that the divisive symbol be taken down.

Republican Gov. Nikki Haley's about-face comes just days after

authorities charged Dylann Storm Roof, 21, with murder. The young white man appeared in photos waving Confederate flags and desecrating U.S. flags, and purportedly wrote of fomenting racial violence. Survivors told police he hurled racial insults during the attack.

"The murderer now locked up in Charleston said he hoped his actions would start a race war. We have an opportunity to show that not only was he wrong, but that just the opposite is happening," she said, flanked by Democrats and Republicans, blacks and whites who joined her call.

"My hope is that by removing a symbol that divides us, we can



A Confederate flag flies near the South Carolina Statehouse in Columbia, S.C.

RAINIER EHRHARDT/THE ASSOCIATED PRESS FILE

move our state forward in harmony, and we can honour the nine blessed souls who are now in Heaven," Haley said.

The Wednesday night massacre inside the Emanuel African Methodist Episcopal Church has

suddenly made removing the flag — long thought politically impossible in South Carolina — the go-to position, even for politicians who have counted on the votes of disaffected white people in Republican primaries.

Haley was flanked by U.S. Sen. Lindsey Graham, now running for president, as well as South Carolina's junior senator, Tim Scott, a black Republican, and its only black House member, Democratic Rep. Jim Clyburn. Within moments, her call was echoed by the chairman of the Republican National Committee and Senate Majority Leader Mitch McConnell.

THE ASSOCIATED PRESS

GREECE

Bailout deal possible

Greece has finally offered economic reforms that creditors consider potentially acceptable, giving Prime Minister Alexis Tsipras a couple days to turn a spirit of goodwill into a deal that might keep the country from a painful exit from the euro currency.

Even though a firm deal to get Greece more loans remained elusive Monday, leaders from the 19 euro nations and the International Monetary Fund said Tsipras' new reforms plan offered the basis to break a four-month deadlock in talks.

Uncertainty over Greece has sapped confidence in global markets, particularly in Europe, and threatened the financial future of Greeks.

"I want to end this political gambling," said European Union President Donald Tusk at an emergency summit on the issue.

In its compromise proposal, Greece is offering about 8 billion euros (\$9 billion) in higher taxes and austerity measures over the next two years, a Greek government official said on condition of anonymity because the measures had not been officially announced.

Financial officials gave a tentative endorsement to Greece's proposals for spending cuts and reforms they would make in exchange for billions of euros in fresh loans. Greece needs the money urgently as it faces a June 30 debt repayment it cannot afford.

Tusk said Greece's plans, which include retirement reform and sales tax changes, "were the first real proposals in many weeks."

Leaders are now looking at a two-day European Union summit starting on Thursday in Brussels to make the final thrust in the talks and reach a deal that will keep Greece solvent.

Multiple deadlines for Greece to propose more reforms have come and gone, with the country living hand to mouth in the meantime. But French President Francois Hollande said "better to take a few days, but get to an agreement."

Since coming to power in January, the new government has refused to make more budget austerity measures, which it blames for devastating the economy. It has since softened its approach, but it remains reluctant to take all steps creditors demand.

THE ASSOCIATED PRESS

UNITED KINGDOM

U.S. airbase blocks exiles' return home

Indian Ocean islanders who were forced into exile to make way for a key U.S. military base are appealing to Britain's top court in their long-running campaign to return home.

Britain evicted about 2,000 people from the tropical Chagos archipelago, a British colony, in the 1960s and 1970s so that the U.S. military could build an air base on Diego Garcia, the largest of the islands.

The eviction of the islanders from their home halfway

between Africa and Southeast Asia has long been controversial for Britain.

The strategically important Diego Garcia base has supported U.S. military operations from Vietnam to Iraq and Afghanistan. In 2008, the U.S. acknowledged it also had been used for clandestine rendition flights of terrorist suspects.

Five Supreme Court judges heard the case Monday but are likely to reserve their judgment until later. THE ASSOCIATED PRESS

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IN BRIEF

CBC Radio 2 ad revenue falls short of expectations

The CBC's experiment with paid advertising on CBC Radio 2 and Espace Musique raised \$1.1 million in revenue in 2014, well below the \$10 million the public broadcaster had hoped for.

The new revenue was not enough to cover an \$18.2-million decline in government funding as total revenue for the CBC's radio services fell to \$287.6 million for the year. According to the CRTC's annual report, parliamentary funding for CBC radio fell from \$295.5 to \$277.3 million in 2014.

THE CANADIAN PRESS

Maine police investigate 'Win an Inn' contest

Maine State Police are investigating whether an innkeeper violated state law in an essay contest with her 210-year-old country inn as the prize.

Police said Monday an investigation was opened into whether the "Win an Inn" contest violated laws governing games of chance.

The Boston Globe reported Monday that some contest losers felt the odds were against them — the winners were a couple with a hospitality business background. THE ASSOCIATED PRESS

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NATURAL GAS: \$2.733 US (-8.3¢)
DOW JONES: 18,119.78 (+103.83)

Affordability of Canadian homes in decline: RBC

REAL ESTATE

Vancouver, Toronto down, Calgary up: Q1 report

A report by RBC Economics says housing affordability continued to decline in Toronto and Vancouver, while conditions for homebuyers improved in Alberta during the first quarter of the year as lower oil prices caused the real estate market to soften.

RBC says mortgage rate cuts improved the affordability of homes in many Canadian housing markets where prices didn't accelerate too rapidly.

That offset rapid price growth in Toronto and Vancouver, leaving national affordability levels relatively flat.

RBC says demand in softer markets such as Montreal and Ottawa began to pick up. The RBC Housing Afford-

ability study measures the proportion of household income that is needed to service the costs of owning a home at current market values.

On a national level, RBC says affordability edged 0.3 percentage points lower for condos to 27.1 per cent, while for detached homes it declined 0.2 percentage points to 47.9 per cent.

47.9%

RBC says the affordability of detached homes at the national level currently rests at 47.9 per cent.

Exceptionally low interest rates have been a key factor keeping housing affordability levels in a largely manageable state.

RBC senior vice-president Craig Wright



The bank predicts that rate hikes from the central bank, which is expected to raise its trend-setting overnight interest rate next year, are likely to erode affordability.

"Exceptionally low interest rates have been a key factor keeping housing affordability

levels in a largely manageable state in recent years," Craig Wright, RBC's senior vice-president and chief economist, said in a statement.

"The knock-on effect of the anticipated rise in rates would be most visible in high-priced markets." THE CANADIAN PRESS

U.S. FEDERAL RESERVE

Ex-chief wants Hamilton kept on U.S. \$10 bill

Former Federal Reserve chief turned blogger Ben Bernanke is calling for the U.S. Treasury to abandon plans to drop Alexander Hamilton from his featured spot on the \$10 bill and to dump Andrew Jackson from the \$20 instead.

Bernanke wrote Monday that he is "appalled" by Treasury Secretary Jacob Lew's plans to replace Hamilton with a woman. In a post entitled "Say it ain't so, Jack," Bernanke wrote that adding a woman is "a fine idea, but it shouldn't come at Hamilton's expense."

He called the first treasury secretary "without doubt the best and most foresighted economic policymaker in U.S. history."

By contrast, Jackson, president from 1829 to 1837, was "a man of many unattractive qualities and a poor president." Jackson opposed attempts to establish a U.S. central bank.

The U.S. Treasury last week re-

vealed plans to put a woman on the \$10 note, which has featured Hamilton since 1929. Candidates include Harriet Tubman, Eleanor Roosevelt and Rosa Parks. The treasury says that Hamilton wouldn't disappear from the redesigned \$10 bill and that it might print two bills, one with Hamilton.

White House spokesman Josh Earnest said the \$10 bill "is under review by the appropriate authorities for upgraded re-design for security purposes.... And that is why the discussion is happening in the context of the \$10 bill."

On his blog, Bernanke was effusive about Hamilton, noting that he helped create the U.S. Constitution and knit 13 fractious states into a single economic unit.

Bernanke stepped down as federal chair in 2014 and is a distinguished fellow and blogger at the Brookings Institution.

THE ASSOCIATED PRESS



Former U.S. Federal Reserve chairman Ben Bernanke. Bernanke called on the U.S. Treasury to abandon plans to drop Andrew Hamilton from his featured spot on the \$10 bill and to dump Andrew Jackson from the \$20 instead. MICHELLE SIU/THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

ENTERTAINMENT

Punching Hollywood into the 4-D world

Mike Koenig sat back in his seat for a recent screening of Mad Max: Fury Road. But this was no ordinary theatre chair.

As the theatre darkened and death machines rumbled across the desert on screen, Koenig's chair rumbled with them. As bullets whizzed by Furiosa, the movie's heroine played by Charlize Theron, puffs of air shot out of Koenig's headrest. Wall-mounted fans in the theatre gusted desert winds and fog machines pumped smoke from the mayhem.

The 46-year-old software salesman's Wednesday matinee was a

"4-D" movie experience, the kind of rollicking thrill factory once reserved for theme park rides.

With domestic movie theatre attendance stagnant in recent years, more theatre owners are looking to provide these immersive jolts to goose both moviegoers and box office revenues.

"I loved it," Koenig said, having forked over \$26.25 for a "4DX" ticket at Regal Cinemas L.A. Live Stadium 14 in downtown Los Angeles.

"If you ever rode bumper cars as a kid, you'd like this."

Motion seats touting a "4-D"



If you ever rode bumper cars as a kid, you'd like this.

Theatre-goer Mike Koenig

experience can sometimes occupy a row or two in an otherwise normal theatre. More souped-up models like the one at L.A. Live can take up an entire auditorium decked out with strobe lights and pneumatic lifts.

With the summer movie sea-

son in full swing, movies like San Andreas, Jurassic World, Ant-Man and Mission Impossible: Rogue Nation are being programmed by motion artists with the bumps and sways necessary for the seats to come to life.

Shelby Russell, vice-president of marketing for L.A. Live, says the 100-seat auditorium that was retrofitted with the 4DX system last June has tripled its revenues, thanks to greater attendance and the \$8 US ticket upcharge, not to mention the \$4 add-on if the movie is also shown in 3-D.

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ROSEMARY WESTWOOD

metroview

Forgiveness offers a neat, morally elevated conclusion

Forgiveness on the scale taking place in Charleston, S.C., is incredible to watch.

At the bond hearing for racist mass killer Dylann Roof, the families of nine people he shot dead in a church had one unifying message.

"I will never be able to hold her again, but I forgive you and have mercy on your soul," said the daughter of one victim. Other mourners repeated the sentiment.

That confounded some media types, including one CNN presenter who asked the son and granddaughter

Somalia in 2008 and then tortured for 15 months, Lindhout has since preached a message of forgiveness, especially toward the young boys who guarded her.

In both cases, we, the public, are left awed and enthralled. There's an instinct to understand these people, to celebrate and even worship them a little. Our fascination with their forgiveness has a way of overwhelming the story. It offers a neat, morally elevated conclusion to something horribly complex. It can even feel as if — in witnessing a victim forgive a heinous act — we might all be absolved.

But forgiveness is not the end of any story. And it does not save us from the ways we, too, are culpable.

We are part of societies that still breed racism, and we should be held accountable for whether we try to change that. There is suffering in other parts of the world that turns boys into torturers, and we have a responsibility to at least understand — and perhaps help alleviate — that suffering. Lindhout thought as much when she travelled to Somalia to report in 2008, and thinks so now, having established a charity there.

Forgiveness itself is beautiful. But mourners in Charleston have been speaking of it as a way forward, as a way through to something else, something better.

Forgiveness is not the end of any story.

of the slain pastor how they could forgive. They cited their faith, the faith of the victims, and their duty as Christians to transform an act of hatred with a response of love. It was an idea echoed on Sunday at the first mass at Emanuel African Methodist Episcopal Church since the attack, when the reverend said, "The nine families get it."

On this side of the border, another act of great forgiveness recently resurfaced when the RCMP arrested a man in connection with the kidnapping of Amanda Lindhout. Captured while working as a freelance journalist in

THE BIG THING: FRIEND OR FOOD?

Despite a collective howl from online activists, this week's dog meat festival in Yulin, China is going ahead. A Change.org petition demanding the event's cancellation earned nearly four million signatures — to no avail. But why do most of us happily chow down on bacon, lamb or veal, but cry cruelty when man's best friend is on the table? Turns out the answer is complicated. SOURCE: BBC



1 Cute enough to eat The thought of 10,000 dogs being slaughtered for a summer-solstice celebration is revolting to most Westerners and many Chinese pet lovers as well — including the retired teacher who spent 7,000 yuan (\$1,400) to spare 100 dogs. But one person's crime is another's delicacy, and it all comes down to culture.

2 A dog's life Research suggests people believe the animals they love the most have the most complex inner lives. Dogs may not be the Einsteins of the animal kingdom (dolphins are a better candidate), but we may make assumptions about their smarts because they have special skills. Dogs are excellent at forming social bonds and reading human body language, says psychologist Thalia Gjersoe. In much of China, dogs are working animals.



3 The 'ick' factor It's not just about love for our four-legged friends. "To most Westerners, eating your dog is an abomination," writes Guardian science writer Kathleen Taylor. "Disgust is contagious. We catch it easily from others, and it tells us what's acceptable and what isn't."

Don't assume drivers know rules of the road

YOUR RIDE

Kathryn Hunt



I was waiting behind another driver at an intersection in Gatineau recently when the light started to flash green — an advance green. The driver ahead of me turned left, and for a moment I was unsure: can a driver go straight through an intersection on an advance green signal in Quebec? I didn't know. The driver behind me honked impatiently as I hesitated.

It made me realize how many traffic rules I might not actually know. The basics — stop signs, regular traffic signals and the meanings of painted lines on the street — are easy. But there are others that aren't as obvious or common, and some that

aren't even in the Ministry of Transportation driver's training manual.

Take, for example, a set of signals I didn't know existed until a fellow cyclist pointed them out to me.

On Laurier Avenue, where the city's first segregated bike lane is located, all the green lights display an arrow first. It then turns into a solid green. That's meant to indicate that drivers can go straight through, but cannot turn until it becomes solid green.

This lets pedestrians and cyclists clear the intersection before turning drivers. But on Laurier, I regularly see drivers signal and turn on the green arrow. I've most likely done it myself.

How many people are certain of the difference between a yellow and red flashing traffic beacon?

How many are sure what to do at an intersection if a traffic light is out because of a power failure? How many people know what bike sharrows — those painted bicycle symbols on the street where there are no bike lanes — actually mean?

Generally, in all of these cases, a sign with instructions would probably be too wordy, and it would be nearly impossible for the police to track and fine everyone who breaks one of these more obscure rules. And common sense generally comes into play.

But to reduce confusion, it's up to road users to ask these questions, keep an eye out for uncommon signs and signals, and then find out what they mean. I got home after that day in Gatineau and looked up the rules around advance greens. And now I know a little more.

How many people are certain of the difference between a yellow and red flashing traffic beacon? How many are sure what to do at an intersection if a traffic light is out?

Kathryn Hunt (@k8thek8) is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

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Summer



Breathing easier with the flu

RESEARCH

Drug shows promise in fighting fatal flu symptoms

Megan Haynes
For Metro | Life

Researchers from St. Michael's and Sunnybrook hospitals think they have found a way to prevent people from dying from the flu.

Between 2,000 and 8,000 people die annually as a result of complications from the virus, according to the Public Health Agency. Another 12,000 are hospitalized, says Dr. Warren Lee, the head researcher behind this study, which was recently published in the journal *Scientific Reports*.

Regardless of the strain of flu (be it avian, swine or other), the leading cause of death is respiratory failure, says Lee, who is also a physician in the critical care unit at Toronto's St. Michael's. When someone has the flu, tiny blood vessels in the lungs start leaking fluid, causing them to fill up, making it difficult to breathe.



A study of this past season's flu vaccine found it was only 23 per cent effective. While doctors say the annual vaccine is still needed, new research is targeting the respiratory failure that is the leading cause of death among flu patients. TORSTAR NEWS SERVICE

Lee says rather than try to inoculate people against the virus (of which there are scores of variations that are constantly mutating), researchers decided to target the body's response to the flu by stopping the blood vessels from leaking.

The team tested the drug Vasculotide on mice and found 80

per cent of those that received it survived whichever virus they were infected with, compared to the 100 per cent death rate for mice that didn't. Lee says Vasculotide was effective against three different types of viruses (including H1N1, the swine flu that's killed more than 400 people since 2009).

This isn't a cure for influenza, he says, but rather a way to help the body fight off the deadliest symptom, which disproportionately affects those with weaker immune systems such as children and the elderly.

This is a timely discovery



Dr. Warren Lee, left, and Dr. Allison McGeer. CONTRIBUTED

as a study of the 2014-15 season's flu vaccine, which protects against three or four of the most dominant strains of influenza, found it was only 23 per cent effective, says Dr.

Danuta Skowronski, epidemiology lead for influenza and emerging respiratory viruses at the BC Centre for Disease Control. In fact, one strain, the H2N3, had an effectiveness rate of zero, she adds.

There are a number of issues that plague the annual shot, says Dr. Allison McGeer, director of infectious control at Toronto's Mount Sinai Hospital. For one, the virus is constantly mutating, adapting to protect itself against potential cures.

Beyond requiring people to get inoculated each year (resulting in people opting out from getting the vaccine be-

cause of the hassle), it also means researchers are constantly having to tweak the formula. And because it changes so quickly, they don't have as much time as needed to actually study the virus, resulting in a vaccine that isn't as effective as one might hope. A "cure" for the flu — that is, one shot that protects against all strains administered every few years — is still decades away.

The shot isn't as effective in older people or those who have chronic underlying illnesses, McGeer says — and those are people who are typically most at risk for complications as a result of the flu.

None of the doctors recommended doing away with the annual vaccine. "What we need (is) more alternative treatments to the ones currently available," says Skowronski.

That's where Lee's research comes in. Though the initial test run was positive, he says it's still a ways off before the treatment is available for human patients. First, the doctors have applied for a patent on the drug, and will then start shopping around for more research funding. However, bringing a drug like Vasculotide to market is a costly endeavour and isn't likely to happen without government or private (such as a pharmaceutical company) backing. The drug likely won't be available for 10 years, he says.

In the meantime, he hopes to test the treatment on other forms of disease that cause leaky lungs, such as pneumonia.



What we need (is) more alternative treatments to the ones currently available.

Dr. Danuta Skowronski, epidemiology lead for influenza and emerging respiratory viruses at the BC Centre for Disease Control

PATIENT CARE

Too many imaging tests for early-stage breast cancer: Study

Women with early-stage breast cancer are getting unnecessary followup imaging tests that are clogging the health-care system and wasting millions of dollars, a new study reports.

Canadian and international guidelines say that most women diagnosed with Stage 1 or Stage 2 breast cancer don't need additional MRIs or CT scans because the risk that their cancer has spread is very low.

And yet a study of all early-stage breast cancer diagnoses in Ontario between 2007 and 2012 found that 86 per cent of those

women had at least one additional scan after their diagnosis and most had multiple scans.

In fact, the average was nearly four scans per woman. The scans were to see if the cancers had moved into the bones, lungs, abdomen or pelvis.

"I think the bottom line really is that this massive provincial data set tells us that the system has gone astray and now is the time to really help enhance patient care," Dr. Mark Clemons, the paper's senior author, said in an interview.

Clemons is a professor of

medicine at the University of Ottawa and a clinician at the Ottawa Hospital. The study is published in this week's *Canadian Medical Association Journal*.

Multiple evidence-based guidelines that are issued to help doctors make decisions about the appropriate way to practise advise against doing additional tests on women with Stage 1 or 2 breast cancer to see if their cancers have spread.

Those guidelines don't apply if the women have symptoms that would suggest their cancers have progressed — things like back

0.2-1.2%

The chances that a Stage 1 patient will have metastases that can be picked up on a scan are remote — 0.2 per cent, the study says. For Stage 2 breast cancer, the rate is just 1.2 per cent.

ache or shortness of breath. But metastasis — spread — is rare when breast cancer is detected

in the early stages, Clemons said.

Given how unlikely it is that the cancer will have spread, expert groups have concluded the risks associated with additional imaging tests outweigh the benefits women might get from them.

For the individual women, those risks include unnecessary exposure to radiation — which is itself a cancer risk — as well as the fact that their treatment might be delayed as their doctors wait for the results of the additional tests.

The unneeded tests also cre-

ate problems for the health-care system and for patients with other diseases who need MRIs and CT scans.

"It actually shows that doing more is certainly not better," Clemons said of the study.

Clemons said the researchers cannot tell from the data why women are getting so many tests against the advice of the practice guidelines. The group is conducting a study in which they are talking to women and doctors to uncover what is behind the decisions to order the extra testing. THE CANADIAN PRESS



They used to have bad blood

**BRAND ROYALTY**

Apple reverses royalties policy after letter from Taylor Swift

Taylor Swift has Apple changing its tune.

Hours after the pop superstar criticized the giant tech company in an open letter posted online, Apple announced Sunday that it will pay royalties to artists and record labels for music played during a free, three-month trial of its new streaming music service.

"When I woke up this morning and I saw Taylor's note that she had written, it really solidified that we needed to make a change," said Apple senior vice-president Eddy Cue in an interview with The Associated Press.

Apple had already agreed to share revenue from paid sub-

scriptions to the new Apple Music service, which will cost \$10 a month. But Swift said she would withhold her latest album from the service because Apple wasn't planning to pay artists and labels directly for the use of their music during the free, introductory period.

"We don't ask you for free iPhones. Please don't ask us to provide you with our music for no compensation," Swift wrote in an open letter posted Sunday on her Tumblr page, under the heading "To Apple, Love Taylor."

Apple has maintained that it negotiated revenue-sharing at rates that are slightly higher than the industry standard to compensate for the three months that it plans to offer its streaming service without charge.

"We had factored that in," Cue said Sunday. But he added, "We had been hearing from artists that this was going to be rough on them, so we are

making this change."

Cue declined to say how much Apple will pay in royalties for streaming during the free trial period.

He said Apple will share 71.5 per cent of its revenue from paid subscriptions within the United States and 73 per cent from subscriptions outside the country, while other streaming services generally share about 70 per cent.

Some artists and independent labels had worried they would miss out on opportunities to get a financial return from new music that is released during the three-month trial. Swift said she spoke out on their behalf.

Swift wasn't immediately

available for comment on Apple's change of heart. But she posted a reaction on Twitter late Sunday, saying "I am elated and relieved. Thank you for your words of support today. They listened to us."

Cue wouldn't comment on whether she will now make her album 1989 available on Apple Music.

But he said he spoke with Swift personally on Sunday. "She was very pleased to see that we would give her a call right away and have a discussion," he said.

Since Apple began selling digital music through its iTunes store in 2001, he added, "We've always loved music and have strived to make sure that art-

"We don't ask you for free iPhones. Please don't ask us to provide you with our music for no compensation."

Taylor Swift in her letter to Apple

METRO'S GOSSIP GUY

Taylor's Tumblr Power

This has got to be some kind of record. Taylor Swift posted her Tumblr essay blasting Apple Music's plans to skip out on paying royalties for music enjoyed during customers' three-month free trial, and in less than 24 hours the company had reversed its plans

to appease her. This is both exciting and terrifying, but mostly I'm just wondering what cause Swift will use her certified might to help next. If she wanted to write a post about how I shouldn't have to repay the rest of my student loans, that would be awesome.

NED EHRBAR/METRO IN HOLLYWOOD

ists are getting paid for their work."

Swift had written in her letter that she found Apple's original stance to be "shocking, disappointing, and completely unlike this historically progressive and generous company."

While praising Apple for developing a paid music service that will compensate artists, she added, "We know that this incredible company has the

money to pay artists, writers and producers for the 3 month trial period."

The singer and songwriter has been outspoken on the issue of compensating musicians for streaming music. Last year, Swift pulled her catalogue of recordings from Spotify after complaining about its use of her music on the free, ad-supported version of its service.

THE ASSOCIATED PRESS

Kanye vibe doesn't fly with Glasto fans

GLASTONBURY FESTIVAL

Petition gets nearly 135,000 signatures to boot superstar

Glastonbury, one of the world's biggest music festivals, gets underway Wednesday facing angry criticism from some fans after rapper Kanye West was booked for the prime Saturday night headline slot.

Highlighting the five-day event's popularity, 150,000 tickets costing £225 (\$360) each sold out in just 26 minutes when they went on sale in October before the lineup at Worthy Farm in Somerset, southwest England, was an-

nounced.

In total, 175,000 people will attend Glastonbury, which started in 1970 — when admission was £1 — and features hundreds of performances on dozens of stages from the mainstream to the downright bizarre.

But the presence of outspoken star West, who is married to reality TV star Kim Kardashian, has sparked controversy at an event known for its hippie roots.

Nearly 135,000 people have signed a petition to get him dropped.

The online petition against West — who has sold over 100 million downloads and albums

worldwide and won 21 Grammy Awards, but is often criticized for self-aggrandizing comments — says he should be kicked off the bill and replaced by "a rock band."

"Kanye West is an insult to music fans all over the world," the petition reads. "We spend hundreds of pounds to attend Glasto (the festival's nickname), and by doing so,



Kanye West will headline at the 2015 Glastonbury Festival. AFP

expect a certain level of entertainment."

Emily Eavis, Glastonbury's co-organizer and daughter of founder Michael Eavis, said she had even received death threats over the booking, adding the abuse had been "just horrible."

"Kanye West is making the most exciting music at the moment," she said last month. "He is an amazing force as a performer. For us, getting the biggest star in the world was an amazing coup."

West is not the first U.S. hip-hop star to headline Glastonbury. In 2008, Jay-Z attracted similar objections but drew one of the festival's largest-ever crowds and won rave reviews for a set which riffed on the opposition he had faced from some fans. AFP



"There will be enlightenments, awakenings, surreal happenings, Damascene epiphanies and people doing the strangest things in public," organizers said. GETTY IMAGES

URBAN ETIQUETTE ELLEN VANSTONE



The question How do I deal with bad roommates who are also good friends?

Dear Ellen,
I live with my two bestest friends and they are awesome, and we're all the same size so we share everything, so my wardrobe has tripled, which is awesome, but the problem is sometimes one of them eats all my yogurt and says she'll buy the next container, but she never does, and the other one puts clothes back with a B.O. smell on them which I don't notice till I'm out wearing the clothes myself. Advice? — D.R.

Dear D.R.,
Just to clarify: "bestest" is not an actual word, which I'm sure you know, so

I'm going to assume your grammatical skills are being compromised by a yogurt deficiency or debilitating B.O. fumes. You are also over-using the word "awesome."

Nevertheless, your problem is clear. You have made the mistake of living with people you actually like. If you had really loathsome roommates that you hated, you could call your best friends and complain about the bad roomies, and eventually throw them out or move out yourself.

But when the bad roomies are also your closest confidantes, who you gonna call?

You could choose to be open and direct: "Hey I bought the last 10 containers of yogurt — can you pick some up today?" Just be aware your roomie might think they bought the last 10 containers — at which point you have two more choices: You can start labeling containers and keeping grocery receipts to track who's purchasing what; or you can resign yourself to being the unsung yogurt provider for as long as you both shall cohabit.

As for the smelly clothes, that's a bit more delicate.

You don't want to tell your friend that he/she literally stinks.

You could try the semi-direct route: "Hey, can you just throw my stuff in the laundry after you wear it?" Or, with precious items that can't go through the wash, tell both your roommates you need to place certain pieces of precious clothing in an off-limits section of your closet. They may not care, but if either one is offended, your only choices at this point are to tell your friend the uncomfortable truth, or resign yourself to taking the rap for someone else's B.O. in public — perhaps not the worstest situation if it means saving a precious friendship.

Need advice? Email
Ellen at scene@metronews.ca



+ SUNSCREEN STUDY

Sun protection factor (SPF) confuses many consumers

A recent American study, published June 17 in the JAMA Dermatology journal, revealed that large numbers of consumers are lost when it comes to the terminology on the bottles of sunscreen they buy, a confusion that could lead to sunburns or worse. Though most follow the basic rules of sun protec-

tion, many don't know what they are buying, according to researchers.

"They think that SPF means everything," says Dr. Roopal Kundu, a dermatologist in charge of this study. "Just because you buy SPF 100 doesn't mean you are 100 per cent protected. Staying out of the sun is the only way to guarantee 100 per cent protection." AFP

40%

Less than 40 per cent of participants could explain how sunscreen protects them, and 43 per cent didn't know the definition of SPF (Sun Protection Factor).

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Celebrity dream casting

In one way, it's the ultimate dream for a public figure to see his or her story recreated onscreen. It's an honour, that is, if the casting is done just right. Why leave it to chance? CP asked a diverse set of celebrities: Who would play you in a movie? **THE CANADIAN PRESS**

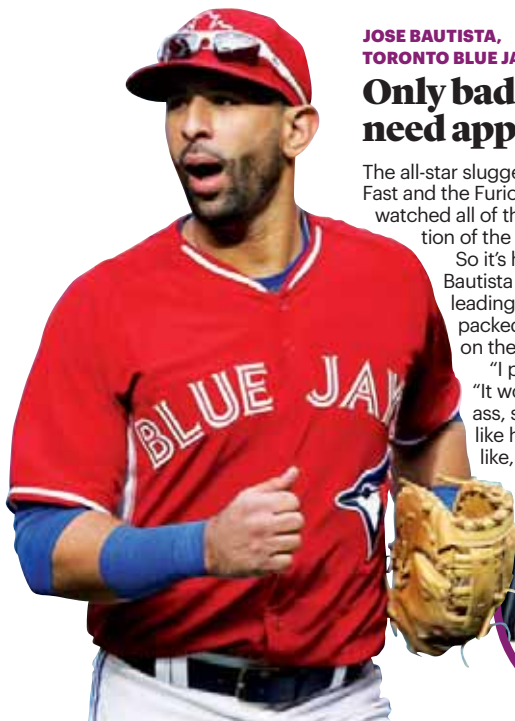
JOSE BAUTISTA, TORONTO BLUE JAYS OUTFIELDER

Only badasses need apply

The all-star slugger is a big fan of the Fast and the Furious franchise, having watched all of the films with the exception of the most recent instalment.

So it's hardly a surprise that Bautista would want one of the leading men in the action-packed series to portray him on the big screen.

"I pick **Vin Diesel**," he said. "It would have to be a badass, so definitely somebody like him that's very badass-like, superhero type of guy."



IAN MCKELLEN, OSCAR-NOMINATED STAR OF THE LORD OF THE RINGS SERIES

Younger doppelganger

An acting veteran of 50-plus years, McKellen's vote of confidence would surely mean a lot for a young actor — though the one he chose doesn't hurt for acclaim.

"Probably **Benedict Cumberbatch**, because I looked rather like him when I was his age," McKellen, 76, said from London. "But I would hope that the latter years of my life I could play myself, perhaps."



JOANNIE ROCLETTE, OLYMPIC BRONZE MEDAL-WINNING FIGURE SKATER

'Something different about her'

The decorated athlete chose an Oscar nominee known for tough and mysterious characters.

"I think I'd love **Uma Thurman** to play me because I think she's so interesting. She's strong," said Rochette, 29, the six-time Canadian champion who won her bronze at the 2010 Vancouver Games. "There's something different about her ... I loved her in Kill Bill, but also in Gattaca."



BARENAKED LADIES, EIGHT-TIME JUNO WINNERS

From John to Jared

"I've always wanted **John Cusack** to play me," singer Ed Robertson (front) said. "He's a great character actor."

"How about Paul Giamatti to play me?" drummer Tyler Stewart questioned. "Or Danny DeVito?"

For bassist Jim Creeggan, they picked Ron Howard. And multi-instrumentalist Kevin Hearn was assigned Jared Leto.



SAFETY FIRST

The first rule of rock'n'roll is have insurance

SOUND CHECK

Alan Cross



If things had gone according to plan, I would have spent Friday night at Wembley Stadium in London watching the Foo Fighters play the first of two sold-out shows. But a week earlier, Dave Grohl lost himself in a performance of Monkey Wrench at a festival in Sweden

and walked right off the stage, badly breaking the fibula in his right leg.

After surgery to insert six screws to set him right again, his doctors told him to take a couple of weeks off to let things heal lest he develop a permanent limp. He may be a rock 'n' roll superman, but Dave heals like any other 46-year-old.

This has been a bad year for musicians hurting themselves in the middle of concerts. It began with Madonna's cape

malfunction at the Brit Awards back in February. As one wag put it, this was a case of "too much material, girl." It was an embarrassing tumble, but the only thing hurt was her pride.

Then May 14 in Vancouver, the Edge was strolling on U2's brand new Innocence + Experience stage, calmly playing I Still Haven't Found What I'm Looking For when he, well, went over the edge. There was a nice scrape down his right arm, but he was otherwise okay.

Next was a drone attack. During a gig in Tijuana in May, Enrique Iglesias reached up to grab a camera-equipped drone that had been buzzing the 12,000 people in the audience. As part of the show — and something he'd done a number of times before — he snatched the drone out of the air.

This time, though, the propellers sliced into his hand and fingers, causing a distressing loss of blood.

He was airlifted to L.A. after the show and after emergency reconstructive surgery, he cancelled a series of shows.

And then there was the 5 Seconds of Summer concert at Wembley Arena back on June 15 when guitarist Michael Clifford caught on fire. A pyro effect misfired and hit Clifford right in the head. There was a flash of fire followed by a plume of smoke.

It was shades of when Metallica's James Hetfield nearly combusted completely at Olympic Stadium in Montreal back in 1992.

You know what this means? Higher insurance policy premiums, which inevitably are passed on to consumers in the form of higher ticket prices.

Please, people. Let's be careful out there.



Top: Dave Grohl broke his leg after falling off the stage. **Bottom left:** Michael Clifford of 5 Seconds of Summer after pyrotechnics misfired. **Bottom right:** Madonna had a cape malfunction at the Brit Awards. MICHAEL CLIFFORD/TWITTER; FOOFIGHTERS.COM; GETTY IMAGES



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THIS WEEK: Eating - How You Can Keep Your Teeth Healthy



Scan to see why you should join Fred's Team.

You might not think a man called Fearless Fred would have a lot of fears left to conquer. But after hearing about the Canadian Cancer Society's Fearless Challenge, Toronto radio and television personality "Fearless" Fred Kennedy (102.1 The Edge, Teletoon at Night) willingly signed up.

"I'm only Fearless Fred because Freaking Coward Fred doesn't sound as good," says the Nova Scotia native. "I got the name when I was a stunt boy at a radio station out west and would do anything for more air time." Because the Fearless Challenge invites people to raise money for cancer research and other important work by daring them to face their fears, it appealed to his extroverted nature. "I'm terrified of heights," says Kennedy. "Like, cold sweat, shaking terrified. But I figured that if I can exploit that for a good cause, I'm in."

A PERSONAL CONNECTION

"Like many people, I've been touched by cancer," says Kennedy. "My cousin, who was two years younger than me, died last summer, so it is very top of mind in the family." One of the aspects of the Fearless Challenge that attracted the DJ

Dive Right In

Toronto radio personality Fearless Fred earns his nickname with a high-flying fundraiser

was how it spreads awareness about the charity's services for patients and research while raising money to support this work.

Recently, Kennedy announced on the air that if he could raise \$2,500, he would face his acrophobia by jumping out of a plane. On top of that, he is also looking for 25 listeners to join his team and sign up for their own Fearless Challenges. One of these team members will win \$1,000 just for participating in the Challenge and reaching their goal.

"If I can raise a few dollars, that's great," says Kennedy. "If I can get more people involved, that's better. It's about spreading awareness."

ALL FEARS WELCOME

While Kennedy gets shaky just thinking about his upcoming skydive ("I'm trying not to think about it," he says. "The more I think about it, the more scared I get!"),

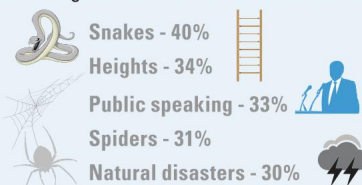
he says that just joining the Challenge has been therapeutic.

For listeners who want to join Kennedy's team, he emphasizes that no fear is too big or too small to take on. "It's a personal choice," he says, citing one woman who has signed on to shave her head for her Challenge. "For her, that's a big deal — and her friends and family know that it's a big deal and will want to support her."

Signing up for the Fearless Challenge is not the only way to get involved. "I'm going to encourage people to join my team or donate," says Kennedy. You can also get involved by spreading the word with the hash-

What are Canadians afraid of?

A survey recently commissioned by the Canadian Cancer Society revealed the following as Canadians' most common fears:



Fearless Canadians across the country are facing these and other fears so that those with cancer can do the same.

Follow them at:

@nofeartooBIG
 /FearlessChallenge
[#FearlessChallenge](#)

tag #FearlessChallenge.

"So many people are dealing with cancer — a really terrifying thing," Kennedy says. "If you can put yourself in a position to face your fears to help them face theirs, it might make things a little less scary for everybody."

To join or donate to Fred's Fearless Challenge, go to edge.ca.



To see the video, scan the Fearless Challenge Logo with your Metro App.



FEARLESS CHALLENGE

BE FEARLESS & HELP THOSE WITH CANCER DO THE SAME
FEARLESSCHALLENGE.COM



START OFF ON THE RIGHT FOOT

Many people, especially recreational athletes, suffer from sore feet. Chronic pain in the heel, toes or ball of the foot typically indicates a physical problem that can often be treated quickly and easily. The key is getting the proper diagnosis, says Pierre Dupont of Ottawa Foot Practice.

“Feet are our foundation,” Dupont says. “They support the body’s weight and our movements. Foot misalignment often prevents the proper transfer of body weight

when we walk or run. And when feet don’t carry the weight of the body properly, it can lead to knee, hip and back problems, as well as painful feet. Identifying the root cause requires a careful assessment by an experienced doctor of podiatric medicine.”

Dupont, a foot specialist who has helped thousands of people overcome foot problems, typically spends an hour with a new patient to identify root causes, using diagnostic tests such as X-rays. Treatments vary from orthot-

ics to therapies such as laser, shock wave and HyProCure stents.

Dupont, a lifelong runner, overcame his own foot problems with the help of a foot doctor. That experience inspired him to complete the four-year doctor of podiatric medicine program at l’Université du Québec à Trois-Rivières and to write the book *Foot Pain and Nail Conditions*. Most health plans cover the cost of diagnosis and treatment at Dupont’s clinic near Hunt Club and Prince of Wales.



CONTRIBUTED



CONTRIBUTED

Ambience, commitment drive success of Spa Junkie

Abundant talent, a comfortable ambience and a commitment to customer service continue to drive the success of Spa Junkie. Located on Laurier Avenue between Metcalfe and O’Connor, Spa Junkie specializes in esthetic maintenance services — sugaring, waxing, skin care and makeup — and earns rave reviews for its exceptional brow work.

The company hires only talented and per-

sonable specialists who commit to continuously improving their knowledge and technique. The atmosphere is chic, welcoming and professional, and every aspect of the service — from booking through treatment — is unfailingly attentive and calming. This combination of attributes helps explain why Spa Junkie enjoys a steady stream of glowing references from satisfied customers and a reputation as one of


the region’s top beauty bars.

Spa Junkie proudly posts all of the reviews it receives to its website. More than 99 per cent of customers say they would happily recommend Spa Junkie to friends and family.

One particularly popular Spa Junkie offering is a skin bar — a space dedicated to providing top-quality customized, professional facials in 30 minutes for only \$45. Many customers combine a facial with other services, such as eyebrow shaping, during their lunch hour.

Spa Junkie and sister company Hair Junkie, located directly across Laurier Avenue, follow similarly customer-centric and successful business models.

Still in Pain?



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f t

IN BRIEF

Canada names GM for hockey World Cup team

Hockey Canada has unveiled its management team for the 2016 World Cup of Hockey, led by St. Louis Blues GM Doug Armstrong.

Armstrong will oversee the group as general manager with assistance from Montreal Canadiens GM Marc Bergevin, Detroit Red Wings GM Ken Holland, Anaheim Ducks GM Bob Murray, Los Angeles Kings assistant Rob Blake and Hockey Canada vice-president Scott Salmond.

The World Cup is scheduled for Sept. 17 to Oct. 1, 2016, in Toronto.

THE CANADIAN PRESS

Royals losing ground in MLB all-star voting

Some later-voting fans aren't on the Kansas City Royals' All-Star bandwagon.

Detroit first baseman Miguel Cabrera has overtaken Kansas City's Eric Hosmer in the latest results of all-star fan voting, leaving seven Royals on track to start the game next month.

The leads of Royals third baseman Mike Moustakas and designated hitter Kendrys Morales narrowed in numbers released Monday.

Voting runs through July 2, and starters are likely to be announced July 5.

THE ASSOCIATED PRESS

Former Mets standout killed murder-suicide

Darryl Hamilton, a standout centre-fielder and a member of the New York Mets team that reached the 2000 World Series, was killed in a murder-suicide in a suburban Houston home, authorities said Monday.

Hamilton was found Sunday after he was fatally shot in a house in Pearland. He was 50 and had worked for the MLB Network since 2013.

An initial investigation determined Hamilton was shot several times and that a woman in the home died of a self-inflicted gunshot wound. Hamilton's 14-month-old child was found unharmed at the home and turned over to Child Protective Services.

THE ASSOCIATED PRESS



ENGLAND SETS UP CLASH WITH CANADA

England's Lucy Bronze goes up for a ball against Norway's Lisa-Marie Karlseng Utland during round-of-16 Women's World Cup action on Monday at Lansdowne Stadium in Ottawa. The sixth-ranked Lionesses defeated No. 11 Norway 2-1 to set up a quarter-final showdown with No. 8 Canada in Vancouver on Saturday. Canada's all-time record against England is 5-6, although John Herdman's team also holds a 2-0 win over Great Britain in the quarter-finals of the London Olympics. Canada also edged England 1-0 in Hamilton in the final warmup for both teams prior to the World Cup. For the result from the United States' match against Colombia later Monday, go to metronews.ca.

SEAN KILPATRICK/THE CANADIAN PRESS

Team Canada's driving force

WOMEN'S WORLD CUP

Sinclair is doing more than ever for squad: Coach

Known for her goal-scoring, Christine Sinclair turned provider in helping lift Canada to the Women's World Cup quarter-finals.

After dogged work by Allysha Chapman separated the ball from a Swiss player, Sinclair aimed a cross at Josee Belanger in the penalty box. A Swiss defender headed it away, but only as far as Rhian Wilkinson. The veteran fullback whipped a cross in and Sinclair, anticipating the ball and then outmuscling a defender, poked it to Belanger who fired a left-footed shot past goalkeeper Gaele Thalmann for a 1-0 Canada win.

Under coach John Herdman, Sinclair is no longer at the front of the Canadian ship. She is there to float the entire boat, making everyone better.

Despite being a key cog in both Canadian victories at the tournament, the 32-year-old forward from Burnaby, B.C., has drawn criticism from some quarters for her play as the Canadian offence rattled and coughed like a rusty engine in the early going.

Too slow. Past it.

In the Canadian camp, such



Christine Sinclair

DARRYL DYCK/THE CANADIAN PRESS

criticism of their talisman is heresy.

"That woman doesn't deserve to take stick," an emotional Herdman said after Sunday's game. "She's a world-class person, world-class player. She gives everything to this team every single game."

"Look — you put her in a different team, she'll score 20 goals. But look around at the goal-scorers at this tournament. (Sweden's Lotta) Schelin goes home without a goal, (American Abby) Wambach pokes one in. (Brazil's) Marta gets one. International football ain't easy and Sinclair's given everything, every single game."

"Off the pitch, she's doing more than she's ever done before to keep this team connected. She's the pride of our country and she's going to stay

that. And we should be proud of what that woman's putting in to this Women's World Cup for our team."

Behind the scenes, Herdman has convinced the private Sinclair to open up to her teammates — further strengthening that connection.

The Canadian women have a fierce pride in their leader, especially for her low-key style. While Sinclair dips her toe into social media only occasionally, teammates say they see her sharp sense of humour on a regular basis.

"She is so humble," said forward Jonelle Filigno. "That's what makes her so likable ... She's the best striker in the world to me." THE CANADIAN PRESS

PRIZE MONEY

In qualifying for the quarter-finals with a 1-0 win over Switzerland on Sunday, the Canadians assured themselves at least \$725,000 US. The Swiss, as one of the teams placing ninth to 16th, go home with \$500,000.

The World Cup winner collects \$2 million, with \$1.3 million going to the runner-up. The fourth-place team makes \$800,000 while the third-place country earns \$1 million.

DOPING

WADA calls CFL's drug policy 'irresponsible'

The World Anti-Doping Agency is blasting the CFL for what it calls an "irresponsible" drug policy.

WADA director general David Howman released a statement Monday saying the league needs to overhaul a system that undermines drug education of amateur athletes at lower levels by failing to suspend players who test positive while competing in other leagues.

"WADA believes that the CFL's anti-doping program is outdated and, quite frankly, irresponsible," said Howman.

"We can't stand idly by while a so-called professional organization openly ignores drug-taking by college athletes and, in fact, welcomes them to the professional (ranks) with contracts, money and a 'promise' to educate them away from drug-taking."

"This essentially means that all the educational anti-doping work done at college level and below in Canada is undermined as those who flout the rules ...

We can't stand idly by while a so-called professional organization openly ignores drug-taking by college athletes.

WADA director general David Howman

(and) are rewarded with contracts by the CFL. We believe that clean athletes in sports across the world would be very disappointed to learn of this

approach in Canada and that if the CFL respects clean athletes in its sport, they would support them by changing this attitude."

The CFL/CFLPA's 2010 drug policy states that an initial positive test requires a player to be subjected to mandatory testing for two years, but the player is neither named publicly or suspended. A second offence results in a three-game suspension, while a third positive test means the

player receives a year-long ban. The CFL has said there have been no second positive tests since the program was enacted.

Five university players did test positive at the CFL combine this spring, but three were drafted into the league anyway and signed to contracts. The CFL said those players will be treated as first-time offenders under the its drug protocol, however, their suspensions handed down in university would not be upheld in the professional ranks.

THE CANADIAN PRESS



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[encore]



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MOVE IN
DECEMBER 2015

RECIPE Watermelon Tabbouleh



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Tabbouleh is a classic Middle Eastern dish made primarily with bulgur, parsley, garlic and mint. My version adds sweet watermelon and uses less oil than the traditional dish. Serves six.

Ready in

Prep time: 15 minutes
Cook time: 15 minutes

Ingredients

- 1 cup bulgur
- 1 cup water or stock
- 1 1/2 cup diced watermelon
- 1 cup diced cucumber
- 1/2 cup finely chopped red onion
- 2 green onions, thinly sliced
- 2/3 cup light feta cheese, crumbled
- 2/3 cup diced avocado
- 1/2 cup chopped fresh parsley

- 1/2 cup chopped fresh mint
- 1/4 cup freshly squeezed lemon juice
- 2 Tbsp olive oil
- 2 tsp crushed fresh garlic
- 2 tsp minced jalapeño pepper, or to taste

Directions

1. Bring the water to a boil. Add bulgur, cover and remove from the heat and let sit for 15 minutes. Fluff with a fork, place in a serving bowl and set aside to cool.
2. Add the remaining ingredients and mix well.
3. Serve either at room temperature or chilled.

Nutrition per serving

- Calories 206
- Carbohydrates 27 g
- Fibre 8.2 g
- Protein 8.3 g
- Fat 9 g
- Sodium 189 mg

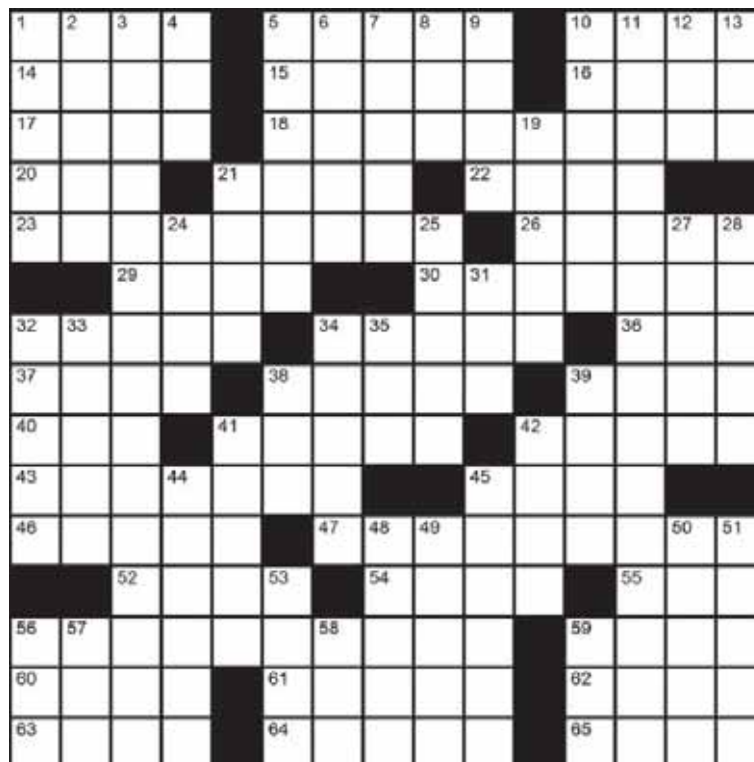
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. U.S. military plane locales, commonly
5. Blunder
10. Richard of "A Summer Place" (1959)
14. "___ & Stitch" (2002)
15. Canadian rock producer Bob
16. Buckle site
17. Viva voce
18. Street dubbed 'Le Coeur de Montreal': 3 mots
20. "How Bizarre" group
21. Relieve
22. King
23. AstroTurf: 2 wds.
26. Vary
29. Nudge
30. It's a team's advantage in hockey: 2 wds.
32. Cloud nine
34. Equals
36. Actor Mr. Gulgager
37. "___ for Life" by Iggy Pop
38. Helen Mirren and Judi Dench
39. Single-named supermodel
40. Calendar abbr.
41. Rooster's time to shine
42. "___ Rockne, All American" (1940)
43. The ___ Bush (Mysterious attraction near Hafford, Sask. ...more at #11-Down)
45. Sulk
46. Ms. Blair
47. Mountaineering



hut on the Continental Divide: ___
Refuge Cabin, a National Historic Site of Canada

55. ___-Tac-Toe
56. Facial features created from joy: 2 wds.
59. Grouping
60. Concern
61. Canadian TV channel
62. Roam
63. "___ Around" by The Beach Boys

64. "Over the Rainbow" co-composer Harold
65. From square one

throb" rock duo from Toronto: 3 wds.
4. Pine-___ (Cleaning product)
5. Mr. Depardieu
6. San Gabriel Valley city in California
7. Unshackles
8. '___' for Flin Flon
9. Specialized doc-

DOWN

1. Detached in manner
2. Terra ___
3. "Dimstore Heart-

tors, e.g.
10. Edmonton Oilers player Jordan
11. A what is believed to be the likely cause behind the bent up Aspen grove at #43-Across?: 2 wds.
12. Ms. Larter
13. Days opp.
19. Circle measurements, briefly
21. Some stars have big ones
24. Formerly
25. Farm followers
27. Plaudit
28. Meet up with fellow grads in 20 years
31. Alternatives
32. Allied groups
33. Shady money
34. Zoo attraction
35. Down Under bird
38. Expected
39. ___ to one's ears
41. Glide on ice
42. Hoda of daytime TV chat
44. Breakfast serving
45. Toxin
48. Commonplace
49. Music: Alla ___ (Cut time)
50. Meshed kitchen device
51. Nail alternative
53. Actress Jessica
56. Laboratory subj.
57. Maclean's, e.g.
58. Odd, briefly
59. ___-la-la!

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something will happen today that makes you wonder if you have gone off in a direction you were not meant to take. However, because mind planet Mercury squares up to Neptune, planet of deception, you must not be hasty. It's still all good.

Taurus April 21 - May 21
If you want to break free of certain restrictions now would be a good time to give it a go. You may not succeed at first but you will gain insights that make success more likely the next time you make the attempt.

Gemini May 22 - June 21
Try not to be too over-confident today. The planets, and your ruler Mercury in particular, warn you could be in serious trouble if you gamble unwisely!

Cancer June 22 - July 23
A degree of caution is called for today. You would be wise to play safe, even in situations where you feel in control. Don't let the world know too much about your plans.

Leo July 24 - Aug. 23
There will be times today when it seems as if the whole world is against you but it isn't true. However, one particular person does have a bee in their bonnet about your relationship. A clear-the-air talk is needed.

Virgo Aug. 24 - Sept. 23
Good news on the money front will lift your spirits today but don't celebrate too much or you could find yourself back where you started. You don't have to spend a fortune to have a good time socially, even less so romantically.

Libra Sept. 24 - Oct. 23
The more certain people warn that you are heading towards disaster the more likely it is that you are heading towards success. Only you know what you are aiming for, so don't let the cynics and critics get you down.

Scorpio Oct. 24 - Nov. 22
You seem to be spending a lot of time looking over your shoulder and wondering who is following you. Chances are no-one is on your case but the trouble with that sort of attitude is it almost invites bad things to happen.

Sagittarius Nov. 23 - Dec. 21
You will get the red carpet treatment today but you are advised to stay modest and, where possible, keep a low profile. If you call attention to yourself you could be a target for gossip and rumour.

Capricorn Dec. 22 - Jan. 20
You are in an optimistic mood but take care your positive outlook doesn't get the better of you and you start making promises you won't be able to keep.

Aquarius Jan. 21 - Feb. 19
Because mind planet Mercury squares up to Neptune, planet of illusion, today you are strongly advised to think before you act. Do not — repeat, not — take a gamble unless you are sure it will pay off.

Pisces Feb. 20 - March 20
By all means be willing to compromise but be careful you don't give in too easily and give others the impression that you can be manipulated. Negotiations will go better if you make the effort to bargain a bit, but it must be from a position of strength.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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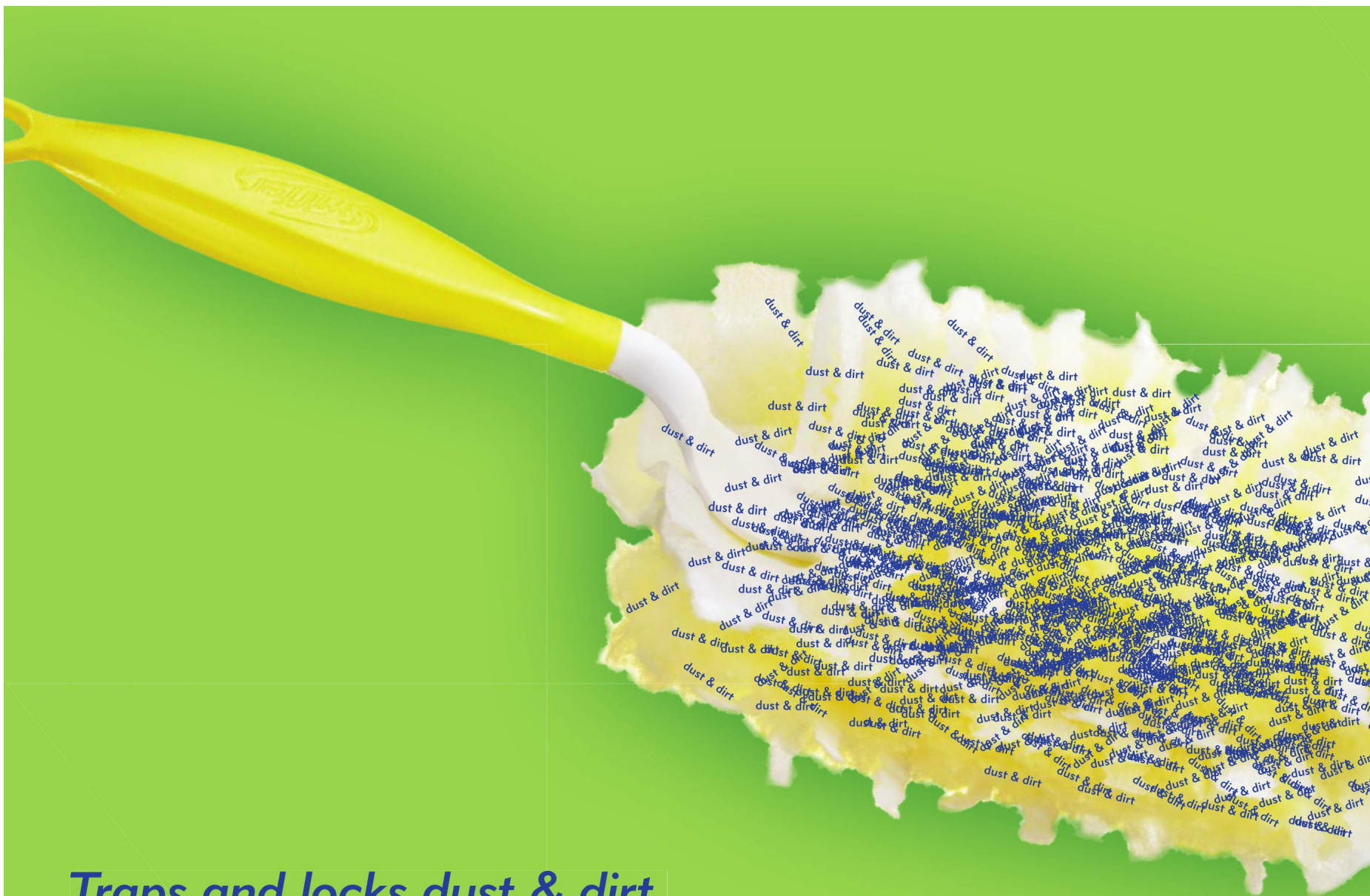


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